PRESERVING *and* CANNING

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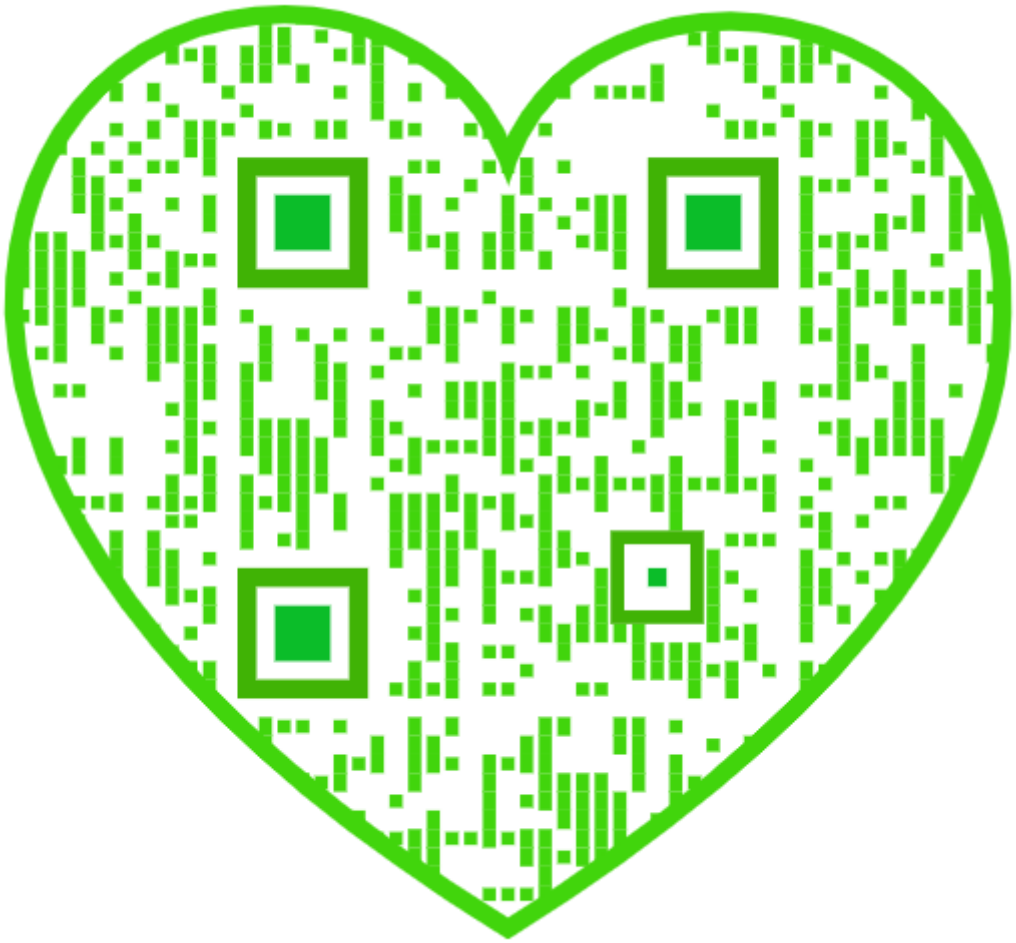

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PRESERVING AND CANNING

PRESERVING AND CANNING

A BOOK FOR THE HOME ECONOMIST

By

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RAND McNALLY & COMPANY

CHICAGO NEW YORK

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The Rand-McNally Press
Chicago

AUG 24 1914
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PRESERVING AT HOME

INTRODUCTION

Fruits are too often looked upon merely as table luxuries, and because of their rather low nutritive value are not always estimated at their true worth. Fruit, both fresh and cooked, has great dietetic value and should be used generously but wisely. Fruits supply a variety of flavors, acids, and sugar, while they are generally rich in potash and sodium salts as well as other minerals; the vegetable acids have a solvent power over the nutriments, and if taken in moderation are an aid to digestion, as the necessary bulk and waste matter promote intestinal action. Fruit and fruit juices keep the blood in a healthy condition, and if the supply of fresh meat, fish, and vegetables is limited, fruit and fruit juices are needed to balance the food allowance.

Fresh fruit is generally conceded to be more refreshing and cooling than that which is cooked, but if used too freely is apt to cause intestinal disturbances, especially with children and old people. Cooking changes the character of the fruit, and the addition of sugar increases its food value, but it is well to remember that too much sugar diminishes the fruit flavor and hinders digestion.

The methods of preserving fruit are many, and range from the simple and wholesome canned fruit to all manner of jams, jellies, marmalades, and the rich conserves, spiced fruit, condiments, and sweet pickles. The thrifty housewife will make her selection according to the needs and means of her family, but every homemaker should aim to have a variety of neatly labeled jars and glasses of fruit on her pantry shelves before winter, when the daily menus threaten to become monotonous.

Principle of Canning and Preserving Fruit

In the preservation of fruit the most essential thing is to keep the fruit, as well as the utensils used, sterile. This should be observed from the earliest stage in the preparation of the fruit to the final sealing and storing. To sterilize a substance or thing is to destroy all life and source of life in it. It is necessary to do more than exclude the air, for investigations of scientists, particularly Pasteur, have shown that it is not the oxygen of the air which causes fermentation, but bacteria and other microscopic organisms. Yeast and nearly all kinds of bacteria require oxygen, but certain species grow equally well without it, so that the exclusion of air is no protection if one of these bacteria is sealed in the can.

Molds and Molding

Every housekeeper is familiar with molds which under favorable conditions grow on any kind of organic matter. Molds develop from spores which are always floating about in the

air. When a spore falls upon a substance containing moisture and suitable food, it sends out a thread which branches and works over the entire surface; in a short time spores are produced and the work of reproduction goes on. Ordinarily molds do not cause fermentation and are not as injurious as bacteria and yeasts. They do not as readily penetrate jellies and the liquids of canned fruits, and generally settle in a thick film on top, but if given time they will finally work their way through the entire contents of the jar, and a musty taste is the result.

Sterilization

Since air and water as well as the fruit contain bacteria and may take up mold spores, all utensils for preserving are liable to be contaminated. For this reason everything that is used should be absolutely clean and properly sterilized. In order to accomplish this, place the clean utensils in a pan of cold water, heat to the boiling point, and let them boil at least ten minutes.

Selection of Fruit

The would-be economical housekeeper who buys cheap, inferior fruit under the impression that it is good enough for preserving, makes a grave mistake. While small fruit, provided it is fresh and free from contamination of mold or insects, can be used for jams and jellies, the best developed fruit of any variety is preferable for canning. For any kind of preserve that requires the juices to become jellied, the fruit should be rather under than over ripe; in fact, some unripe fruits are most excellent for tart jellies, as gooseberries, grapes, and apples.

Fruit Jars and Glasses

The first requisite for successful canning is a good jar. Glass is the most satisfactory. Tin is more or less soluble in the juices of fruits and vegetables. Tin cans cannot readily be used a second time, while glass with proper care will last indefinitely.

The initial expense of buying suitable jars and glasses for preserving is

quite an item, and to distribute expenditure along these lines evenly, it is wise to buy a few jars at a time early in the year, and add to them gradually when special sales are on. In this way when the time comes for buying the fruit and sugar, the glasses will be ready.

There are a great many kinds of glass jars on the market, many of them having certain points of advantage. The ordinary screw-top jar is the one in most common use. Although cheap in price, these jars are really the most expensive in the long run. The tops last only a few years and, being cheaply made, the breakage is usually greater than that of a better grade of jar. The tops also furnish an excellent hiding place for germs, which makes sterilization very difficult. An improved type of screw-top jar is fitted with a glass top held in place by a metal cover which screws down over the neck of the jar. If the canning or sterilization is properly done, practically all of the air will be driven out

of the jar by the steam. Upon cooling, this steam is condensed, a vacuum is formed on the inside which clamps down the glass top against the rubber ring and seals the jar automatically. The metal cover can then be removed, as the pressure of the outside air will hold the glass top securely in place.

Another satisfactory jar has a rubber ring and glass top which is held in place by a simple wire spring.

Among the best jars are the ones requiring no rubber rings. These are fitted with a metal top, lacquered on both sides and having a groove around the lower edge. This groove contains a composition which is melted during canning by the heat of the jar and forms a seal that takes the place of the rubber ring.

Experience has proved that it is always best to buy a good grade of jar. In selecting always give preference to those having wide mouths. In canning whole fruit or vegetables and in cleaning the jars the wide mouth will be found to be decidedly preferable.

The practice of using jelly and fruit glasses in the kitchen during the year is wasteful, for many will be broken before preserving time comes round. The best way is to wash each glass as soon as it is empty, wrap it in clean paper, and set it on an unused pantry shelf or pack in a box. The addition of a few glasses each fruit season will then insure a good supply from year to year. The covers, too, should be washed, well dried, and wrapped with the glasses. Another economy consists in saving all glasses and jars that come into the house during the year, such as those which contain olives, peanut butter, and various condiments. Even should some of these glasses be small, they will do for the finer jellies, bar-le-duc, or fancy conserves. If the family is small, such a glass serves for one meal. They are also very desirable for remembering a sick friend, or some old lady to whom a little glass of home-made preserves is a great treat.

Utensils for Preserving

Never use tin or iron ware, as it will discolor the fruit and give an unpleasant taste. Porcelain-lined or enamel ware is best, and fruit should be pared and cut with silver or plated knives. The appended list of utensils will enable the young housekeeper to make a wise selection when outfitting her kitchen; other dishes, such as bowls, pans for boiling, and so forth, can be found in most kitchens. If possible, keep one or two kettles just for preserving and stewing fruits, for it is difficult perfectly to sterilize kettles that are in constant use in the preparation of foods containing grease. The size of the kettles selected will depend on the size of the family and how much fruit is to be put up at a time, but the housewife is recommended to have two different sizes — one of them small enough to put up a few glasses at a time as often as fruit left from the table can be utilized. In this way superfluous fruit is used before it spoils, and various kinds of fruit can

be accumulated with little extra work.

Requirements for preserving: One large kettle; one small kettle; one large colander; one ladle; several long-handled spoons; a wide-mouthed funnel to fit top of jars; a fine wire strainer with a frame; a glass half-pint measuring cup with lip (such as chemists use); jelly bags either of cheesecloth or coarse flannel; a wooden ring to fit top of bag.

With the exception of the wire strainer all the utensils can be bought in good enamel ware.

Preparing Fruit for All Kinds of Preserving

Washing. The first step in the preparation of fruit is to wash it thoroughly; small fruit, such as berries, should be placed in a shallow colander and dipped repeatedly into one or more pans of clean cold water, then shaken and drained. Do this before hulling or stemming, to prevent loss of juice.

Stoning. When stoning large or small fruit place the stones in a sieve

and let any juice that has been retained drip out. In cases requiring a certain amount of water, cook the stones in this water long enough to draw out the juice, as it is desirable to obtain all the fruit juice that adheres to stones.

Stemming. Currants and cherries are easily stripped from the stems but gooseberries are more tedious to handle. Small scissors are best, and if berries are canned or used for jam or preserves, each stem and little blossom end must be clipped. When fruit is run through a bag, as for jelly, this is not necessary.

Paring. When paring fruit it is best to use a silver or plated knife. Apples, being hard, are easiest pared with a sharp steel knife.

Skinning. Fruit that can be skinned, such as peaches or plums, must be scalded with boiling water, then plunged immediately into cold water. This prevents fruit from becoming too soft, and the skin can be slipped off readily.

Sealing and Storing Fruits

All fruits should be carefully sealed and kept in a cool, dry place. If the storeroom or pantry is very light, wrap each jar in green tissue paper or hang a dark curtain before the shelf, loosely, in order not to exclude the air. When canning fruit it is advisable to buy the best jars, preferably the self-sealing kind. The initial outlay may be a trifle more, but in the long run they will prove more economical, as the amount saved on a dozen jars will not offset the loss of a quart of fruit, to say nothing of the anxiety of the busy housewife, who is never quite sure that the rubbers are good and the tops air-tight. Then, too, they make unnecessary the use of paraffin, which adds considerable extra expense to the season's canning. All preserves, jellies, and solid conserves should be placed in open glasses or jars which permit the fruit to be taken out easily. After washing and drying the jars, all fruits should be labeled. A good plan is to

make a schedule of the different varieties of fruit and check them off as soon as a glass has been used. In this way it is easy to ascertain just what is on hand, and the consumption can be regulated.

Keeping Fruit Clear

If fruit is of good quality and the sugar pure, there is very little scum on the fruit during the cooking, but usually at some stage of preserving or canning a film rises to the surface. It is best to skim it off as soon as it begins to gather, take it up with a skimmer or clean spoon and pour into a clean bowl. The pure juice it contains will soon settle on the bottom of the bowl. Carefully draw the scum off and return the juice to the kettle. If much accumulates, and it seems best not to return the juice, it can be cooked separately with half as much sugar and used for pudding sauce or for fruit farina pudding.

CANNING FRUIT

Method No. 1

Much of the drudgery attached to fruit canning, as well as the thrifty housewife's fear that things "won't keep," has been eliminated through a better understanding of sterilization, and the advent of the modern self-sealing jars.

According to this method the fruit, water, and sugar are boiled together until fruit is tender, then sealed. If fruit is very rich in juice, as raspberries, strawberries, or cherries, very little water is needed; in fact, some housewives sugar the berries an hour before boiling. This will draw enough juice to cook without burning. If quantity rather than quality is desired, add enough water barely to cover bottom of kettle before putting in the fruit and sugar. The success of canning is not as dependent on certain proportions as is preserving or jelly

making. The only possibility of spoiling the fruit is from lack of cleanliness or not having all ingredients thoroughly heated while filling and sealing. When fruit is tender, skim off any foam that may rise to top, have the sterilized jars set in a pan of hot water, have the tops convenient in a pan of boiling water; now set the wide funnel in neck of jar, and with a ladle distribute fruit and juice evenly, filling brimful; then wipe off jar quickly to remove seeds or fruit pulp, clamp on top as each jar is filled and set aside on a thick cloth or rack to cool. When cold try each top to see if it is on tight, then wipe carefully and place in cool, dry place.

On pages 21-30 is an approximate schedule of proportions for different fruits, together with the method of their preparation.

Method No. 2

As a general rule, allow two cups of water to one of sugar for the canning sirup. Boil the sirup for ten minutes,

counting from the time it begins to boil; skim off any scum that rises. Prepare the fruit as desired or needed, pack closely in sterilized glass jars, fill with the sirup, and place the jar covers on. Have ready a large flat kettle—a wash boiler is best. Place in the kettle a false bottom of slats, or a packing of clean hay or excelsior, taking care that the surface is kept even. On this place the jars so they will not touch each other. Fill with warm water almost to the necks of jars, cover kettle, and bring to boiling point. Add hot water from time to time, to keep it up to the neck of the jars. For small fruits cook twenty minutes; large or firm fruit will require a little longer, while in high altitudes it will be found necessary to extend the time still further for both small and large fruit.

Remove jars while boiling hot, and set aside to cool. Do not place on a cold or wet surface or in a draft. Before putting away test the covers to see that all are tight.

According to one's taste or to the acidity of fruit the proportions of sugar or water may vary. Fruit that is to be used for baking should be packed very close, that less water may be required, but the sirup must be very sweet.

Cold Water Canning

To can unripe fruits for baking purposes or to cook into sauce during the winter, the following method is recommended:

Use unripe grapes, gooseberries, or rhubarb, cutting the latter into small bits. Pack the fruit into sterilized jars, keeping a silver knife or fork in the jar, then fill with cold water. To prevent the formation of air bubbles, turn the knife occasionally. When brimful, remove the knife and clamp on the cover.

STRAWBERRIES

Proportions. Eight cups of hulled strawberries; one and one half cups of sugar; one half cup of water (optional).

Method. Select small red berries rather than the large variety, sugar them before cooking, or crush the fruit.

If left whole, berries are apt to become light and float on top. Proceed according to Method No. 1, or 2.

RASPBERRIES

Proportions. Six cups of red or black raspberries (or mixture of both); one cup of sugar (best canned without water).

Proceed according to Method No. 1, or 2.

CURRANTS

Proportions. Six cups of stemmed currants; two cups of sugar; one half cup of water.

Proceed according to Method No. 1, or 2.

CURRANTS AND RED RASPBERRIES

Proportions. Six cups of red raspberries; two cups of stemmed currants; two cups of sugar; one half cup of water.

Proceed according to Method No. 1, or 2.

BLACKBERRIES

Proportions. Six cups of blackberries; one and one half cups of sugar; one quarter cup of water.

Proceed according to Method No. 1, or 2.

SOUR CHERRIES

Proportions. Eight cups of stoned cherries; three cups of sugar; one half cup of water (optional).

Proceed according to Method No. 1, or 2.

SWEET CHERRIES

Proportions. Six cups of stoned sweet cherries; one cup of sugar; one quarter cup of water. These proportions are for the light cherries; for the dark cherries a little more sugar may be needed.

Proceed according to Method No. 1, or 2.

BLUEBERRIES

Proportions. Six cups of berries; one half to one cup of sugar; one half cup of water.

Proceed according to Method No. 1, or 2.

GOOSEBERRIES

Proportions. Six cups of ripe gooseberries; two cups of sugar; one half cup of water.

Proceed according to Method No. 1, or 2.

GRAPES

Proportions. Eight cups of stemmed grapes; one to two cups of sugar; one quarter cup of water. Slip pulp from skins, boil pulp in the water, and run through sieve to extract seeds, add to the skins, and sugar and cook as other fruit.

Proceed according to Method No. 1, or 2.

PLUMS

Proportions. Three cups of water; one and one half cups of sugar; plums as needed.

Method. Select any fine—not too ripe—plums, prick each one several times with a wooden toothpick, heat the sirup, and when clear and boiling drop in as many plums as will fill one jar. Let them boil slowly until soft enough to be pierced easily with a

silver fork, then place fruit in hot jar, pour the sirup over it, and seal as other fruit. Some prefer to have the plums skinned. In that case, pour on boiling water, then plunge plums in cold water and strip off the skins. If this method is used, put some of the skins in the sirup and boil a few minutes, then take out and let juice drain back into kettle. The skins impart a good color and flavor.

PEACHES

Method. Select freestone peaches of good flavor, scald, then plunge in cold water and strip off the skins. Halve or quarter them, then use same sirup and method as for plums. A peach stone added to each jar imparts a delicious flavor.

APRICOTS

Method. Proceed as for peaches, but can the apricots whole.

CLINGSTONE PEACHES

Method. Skin, and slice into small slices; sugar as for table use. Add

just enough water to keep from burning, then can as other fruit. Nice for winter shortcake or ices.

QUINCES

Method. Pare and slice quinces; make a sirup as for plums. Be sure to have plenty of sirup, or steam fruit for a while, as quinces are a hard fruit. Can as directed for other fruit.

QUINCES AND SWEET APPLES

Method. Use equal quantities of good sweet apples and quinces. Cook them separately at first, as they may not get soft at the same time; then place together in hot sirup and can.

PEARS

Method. Select well flavored pears. Pare and slice, or leave halved; then proceed as directed for plums.

APPLES

Method. Either pare and slice, or cut apples into small pieces and make a sirup; then can as directed for plums and other fruit.

CITRON MELONS

Method. Cut into sections, pare off outer rind and remove pulp and seeds, then cut into cubes. Like quinces, they may require considerable cooking, so steam or cook in plenty of sirup. A tablespoon of lemon juice to each cup of sirup, or tiny strips of orange peel, improve the flavor. A novelty is to drop a few red plums into the sirup toward the last to impart color and flavor. Plums may be removed, or one added to each jar. Can as directed for other fruit.

PINEAPPLE

Method. The easiest and best way to prepare pineapples is to cut them in slices, pare rind and eyes off evenly, and remove the inner core. Then leave the slices whole, if the jars have wide mouths, or cut the rings into halves or smaller pieces. Make a sirup as for plums or peaches, then can as other fruit. If fruit is cut in small pieces, a third as many pitted sour cherries can be added. This makes a very piquant sauce.

GRATED PINEAPPLE

Method. Pare pineapples as directed above, then run fruit through food chopper. Be sure to let juice drip into a clean bowl, add it to the fruit, sugar liberally, and can without water in order to have a very thick mixture. Can as other fruit. Use for shortcakes, ices, or desserts.

TOMATOES

Proportions. Three cups of water; one and one-half cups of sugar; skinned tomatoes as needed.

Method. Use small red or yellow tomatoes. Scald and skin them as directed for peaches, boil the sirup a few minutes, then drop in enough tomatoes for one jar at a time. As soon as tender, without being broken, take up carefully with enough juice to fill jar; seal as other fruit. A spice bag may be boiled in the sirup, and a little preserved ginger will improve the flavor.

GROUND CHERRIES

(People in the country use these a great deal, as they are readily grown)

Proportions. Three cups of water; one and one half cups of sugar; juice of two or three lemons; ground cherries as needed.

Method. Hull the berries from their surrounding husks. To give zest, a little of the grated rind of the lemon may be added. Make a sirup of the sugar, water, and lemon juice; boil for several minutes, and then put in enough of the fruit to come pretty well to top of sirup. Boil until cherries are tender, then can and seal in sterilized jars as other fruit.

GROUND CHERRIES AND APPLES

Method. Use about one third as many sliced tart apples as ground cherries, then proceed as directed for ground cherries.

ORANGES AND LEMONS

Proportions. Six Florida oranges; three lemons; sugar as needed.

Method. Cut oranges through center and with a spoon scoop out the

pulp, being careful that no seed or white fiber is taken up. Cut lemons into slices and remove all seeds or stringy parts, pare slices so that the pure fruit center is left, taking off every bit of the white skin. Measure, and add equal portions of sugar and enough water to cover bottom of kettle; can as other fruit. Seal in pint or half-pint jars. (This may rank as a novelty, but if canned when these fruits are cheap, this will be nice to add to other preserves or to use for ices, fruit punch, and sauces when oranges are too dear to use freely.)

JAM AND PRESERVES

General Remarks

Preserves and jams are so nearly alike that it is hard to draw a definite line of distinction. If there is any difference it lies in the fact that preserves are usually so prepared that the fruit, either sliced or whole, is as little broken as possible and rests in a clear, thick fruit juice; while jam is, as its name would imply, a thick and well mashed compote.

When cooking jam or preserves, the fruit is generally cooked alone or with a very little water, unless recipe calls for sugar to draw out the juice if no water is needed. As in making jelly, sugar should be added at two different times; this prevents fruit from hardening if it has to cook a long time, and insures successful thickening of the fruit after last sugar is added. In fact, some fruits may stay thin after the second part of the sugar is added, not because the recipe

is faulty or a mistake has been made, but just because the fruit lacked the right amount of gelatinizing power. If dependent on the markets, the right quality of fruit cannot always be secured. In this case a few extra spoonfuls of sugar can be added and the preserves taken from stove as soon as it is dissolved. If it still fails to thicken, use this thin batch as a foundation for another time, adding unripe fruit of some kind, as directed in jelly making. The proportions given in these recipes are for a rich, fruity preserve, and, as has been said, all fruits do not congeal in the same length of time, so a little longer cooking after the first amount of sugar is added may be necessary if fruit is quite watery, and the final cooking must be determined by testing jam on a cold saucer; if it forms a clear, thick jelly, it is done.

Many cooks keep jams and preserves in crocks, covering them with a piece of paper dipped in brandy, and a plate, but a nicer way is to put them

into self-sealing jars. Jam, like jelly, should stand covered with cheesecloth for one or two days to harden before closing. Although each recipe has methods and proportions given, it is well to refer to these instructions if any point is not clear.

STRAWBERRY JAM

Proportions. Five cups of hulled strawberries; four cups of sugar.

Method. Add half of the sugar to fruit and let stand a few hours, then boil gently for about fifteen minutes. Add rest of sugar and boil until clear and fruit is quite thick; place in small glasses and after one or two days seal as other jam.

STRAWBERRY AND RHUBARB JAM

Proportions. Three cups of cooked rhubarb; three cups of strawberries; four cups of sugar.

Method. Use tender red rhubarb, trim off hard ends, then, without skinning, cut into small pieces. Add a very little water and steam in covered kettle until soft. Measure, add

the berries, and cook ten minutes; add half the sugar and cook fifteen minutes; stir in the rest of the sugar and boil, watching that it does not scorch, until clear and quite thick. Seal in small glasses as other jam, letting it stand one or two days to stiffen.

STRAWBERRY AND PINEAPPLE JAM

Method. Run pared and cored pineapple through food chopper. Use in connection with strawberries in any desired proportion, allowing five cups of fruit to four of sugar. Combine fruit with part of the sugar and let stand; then proceed as directed for Strawberry and Rhubarb Jam.

BLACKBERRY JAM

Method. Thoroughly heat the blackberries over a moderate fire, then press through a coarse sieve. Measure, and to each pint of pulp add half a pound of sugar. Boil rapidly for twenty minutes, stirring occasionally to prevent scorching. Pour into jars and seal as other jam.

CURRANT JAM

Proportions. Six cups of stemmed currants; one half cup of water; five cups of sugar.

Method. Simmer water and currants for ten minutes. Add half of the sugar and boil ten minutes longer, then add rest of sugar. As soon as well dissolved, test by placing a little in a saucer. As soon as it is clear and thick enough to congeal when cool, it is ready to put into glasses.

SPICED CURRANT JAM

Method. Use above recipe. When adding last half of sugar, use also one tablespoon of ground cloves, one of vinegar, and two of ground cinnamon, or add a spice bag throughout the proceeding and remove it when done.

SPICED BLACK RASPBERRY AND CURRANT JAM

Method. Use proportions given for currant jam, taking one third black raspberries to two thirds currants; then spice as directed for currant jam.

GOOSEBERRY JAM

Method. Snip stem and blossom from perfectly green, unripe gooseberries, place in kettle and pour in enough water just to show through top of berries. Boil gently until fruit is tender. Measure, and to every one and a quarter cups of fruit use one cup of sugar. Boil the fruit ten minutes, then add half the sugar and cook ten minutes. Add rest of sugar, and after fruit looks clear and thick, test on a saucer. If it jellies as soon as cold, it is done. Place in scalded glasses and seal after one or two days.

NEW METHOD GOOSEBERRY JAM

(This eliminates most of the seeds, and ripe fruit can be used to advantage)

Proportions. Six cups of gooseberries; three cups of water; sugar as needed.

Method. Stem and clip blossoms, place berries and water in kettle, and cook until berries are soft and broken. Pour into colander and shake, in order to let seeds and juice run through. Strain the juice through fine sieve. This retains the seeds, of which there

is often nearly a cup in this quantity of berries; their extraction greatly improves the jam. Add juice to hulls, measure, and to every five cups of fruit use four cups of sugar. Boil fruit ten minutes, add half of the sugar, boil fifteen minutes; then add rest of sugar and boil until clear and stiff when tested on a saucer. Put in scalded glasses; let stand at least one day, then seal.

RED RASPBERRY JAM

Proportions. Five cups of fruit; four cups of sugar.

Method. As raspberries do not jelly well, it is best to use no water. Sprinkle half of the sugar over the fruit, let stand several hours, then boil gently for about fifteen minutes. Add rest of sugar and cook until clear and congealed when tested. Seal as other jam.

RED AND BLACK RASPBERRY JAM

Method. Use proportions given for Red Raspberry Jam. The addition of one third of currants provides another combination.

RED RASPBERRY AND CURRANT JAM

Proportions. Four cups of currants; two cups of red raspberries; four cups of sugar; one quarter cup of water.

Method. Boil currants and water a few minutes, add raspberries, and boil ten minutes. Add half the sugar and cook ten minutes, then add rest of sugar, and cook until it is clear and will jelly when tested. Seal as other jam.

BLACK RASPBERRY AND CURRANT JAM

Method. Use same method and proportion as given for red raspberries and currants.

CALIFORNIA PRUNE PLUMS

Proportions. Four quarts of California prune plums; four quarts of light brown sugar; one pound of seeded raisins; one pound of figs; one half pound of pecan nuts; two small lemons, if desired.

Method. Wash the plums, cover them with water, and cook slowly until so soft that the pits may be removed after cooling. Add the sugar,

and cook slowly until thick. When nearly done, add one pound of seeded raisins and one pound of figs, cut in small pieces; also one half pound of chopped pecan nuts and the chopped pits of the plums. If desired, the grated rind of one and the juice of two lemons can be used to add zest. Stir frequently. Test as for jelly.

PEACH PRESERVE

Proportions. Nine cups of peach pulp; six cups of sugar; three cups of water.

Method. Pour boiling water over peaches of good flavor, immerse them in cold water, and slip off the skins. Remove the stones, crack ten stones and remove the kernels, crush them, and add to fruit. Place water and peaches in a preserving kettle to simmer until fruit is tender. Add half of the sugar and let simmer one half hour, then add rest of sugar and boil gently until firm enough to congeal when tested. Some like the addition of a teaspoon of preserved ginger.

PEACH BUTTER

Method. Use above dimensions, but cook slowly a long time until perfectly stiff. A few slices of lemon or orange and a teaspoon of ground cloves and cinnamon will improve the taste.

TOMATO PRESERVE

Proportions. Eight cups of tomato pulp; three lemons; six cups of sugar; a small spice bag (stick cinnamon, and whole cloves).

Method. Use firm red or yellow tomatoes that have few seeds. Pour boiling water over tomatoes, then plunge them into cold water and slip off the skins. Remove any blemishes and cut tomatoes, placing them in a preserving kettle. Cut four thin slices from center of each lemon, remove the seeds, use juice and clear pulp from the ends; add this and spice bag to tomatoes and let simmer for one hour. Add half of the sugar and boil a half hour, then add rest of sugar and as soon as dissolved begin to test the mixture. When the juice jellies

take from stove, remove the spice bag, and place preserves in scalded glasses. When cold, cover with paraffin and seal.

TOMATO BUTTER

Method. Double the above proportions, and let simmer at least three hours before adding any sugar. Continue to cook with sugar until the butter is so thick that it will stand stiff if dropped. If a very spicy butter is wanted, add to mixture two teaspoons of ground cinnamon and cloves.

TOMATO PRESERVE

(An old German recipe)

Proportions. Four pounds of tomato pulp; four tart, sour apples; three lemons; four pounds of sugar; two sticks of cinnamon, and twelve cloves.

Method. Select firm red or small yellow tomatoes, scald them, then plunge in cold water. This loosens the skin, which can then readily be drawn off. Remove the stems and any blemishes, cut into quarters, and lay in colander to drain off the superfluous

juice. Pare and core the apples, and cut them into slices. Pare the lemons in order to remove all the white skin, then slice them and remove seeds. Tie the spices in a little cloth, then place fruit and spices in a preserving kettle. When at boiling point stir in the sugar and boil gently, stirring often to prevent burning. When preserve is rather thick and clear remove from fire. When cool, place in scalded glasses or jars, cover with cheesecloth until cold, then pour on paraffin and seal.

The juice that has been drained off may be used for soup or sauces.

APPLE BUTTER (No. 1)

Proportions. Six cups of sweet apple cider; four cups of sugar; stick cinnamon and whole cloves in bag; tart apples, pared and sliced, as needed.

Method. Place the cider in preserving kettle and put in enough of the apples to reach the top. Cover and let simmer until apples are soft, then add one half of the sugar and the spice

bag. Boil very slowly for three hours, add rest of sugar, and boil until quite dark and stiff. Sufficient cooking is the main secret of good fruit butter, and the kettle must be watched carefully to prevent the mass from burning. Place in glass jars and seal like other preserves. If preferred, ground spices and a little ginger root may be used instead of a spice bag. When done, remove the ginger.

APPLE BUTTER (No. 2)

Proportions. One peck of juicy apples; two gallons of new cider; nutmeg and cinnamon to taste.

Method. Fill a porcelain-lined kettle with new cider, fresh from the press and unfermented, and boil until it has been reduced one half. Continue this process until the desired quantity is obtained. Allow one peck of fine, juicy apples, cored, pared, and quartered, to every two gallons of cider which has been boiled the day before making the apple butter. Fill a large kettle with the boiled cider,

and add as many apples as can be kept moist. Stir frequently, and when the apples are soft, reduce them to a pulp by pounding them with a wooden stick. Cook, and stir constantly until the mass turns a rich, dark brown and has the consistency of marmalade. If too thick, add boiled cider; if too thin, add apples. Twenty minutes before removal from the fire add enough ground cinnamon and nutmeg to impart a spicy flavor, but use no sugar. When cold, place in stone jars and cover tight.

QUINCE AND APPLE BUTTER

Method. Use above proportions, but take one third quinces to two thirds apples. Let the quinces simmer for a while before adding apples, as they require more cooking.

JELLIES AND MARMALADES

General Directions for Jelly Making

After the fruit is strained, measure it, and place it in the preserving kettle; measure an equal amount of granulated sugar, and set it aside. When the juice has reached the boiling point, let it cook gently for twenty minutes, then stir in half of the sugar, and boil for ten minutes; now stir in the rest of the sugar, taking care that it is well distributed. As soon as the sugar has dissolved, test a little of the jelly on a cold plate. It should be stiff and clear. If this is not the case, you may cook the jelly five to ten minutes longer, testing from time to time. If all directions are carefully observed, jelly made according to this formula is clear, firm, and has a fine flavor.

Proper Making and Care of a Jelly Bag

As all jellies are strained through cloth, a jelly bag made either with a pointed or slightly rounded bottom

is needed. An ideal bag is made of double, loosely woven cheesecloth, or one thickness of coarse, thin flannelette or flannel. The latter is apt to make the jelly a little clearer, as it retains the slight sediment from the fruit, but a cheesecloth bag is usually considered preferable. A great convenience is provided by a small wire or wooden hoop made to fit the top of the bag. Sew bag to the hoop; this insures that the opening is held apart. Large embroidery rings may be used to advantage, the oval being best. Clamp them around the edge as for embroidery, and remove them when the bag is washed. When filling the bag, dip it in the water and wring out well; this prevents waste of juice. Then place the open bag in a deep crock or bowl, and when the fruit is ready to drip, tie a string around the bag below the ring, suspend from a long hook on the wall, from a broom handle laid across the backs of two chairs, or from any conveniently located hook. Place the bowl below

the bag to catch the juice, and let it drip over night or at least eight hours. As soon as the bag is empty, dip it in a solution of vinegar and cold water, and let it soak a while. Then wash both sides in cold water and dry well. The vinegar draws out much of the color and leaves the bag in good condition. To gain clear jelly, refrain from pressing the bag. Should it seem desirable to press the bag, use these last dregs with other fruit for preserves, jam, or marmalade.

About Jelly and Marmalade

Jelly is practically a rich strained fruit juice combined with equal portions of sugar and cooked until it is of a firm gelatinous substance. Observe this general rule: Never buy over-ripe fruit that has been lying in the markets for some days; never make jelly on damp or rainy days, nor have much steam about the kitchen during the time of making. Dry sunny weather for picking as well as preserving the fruit gives best results.

When using large, rather dry fruit, a certain amount of water is needed to secure the desired juice, but small and watery fruit, especially berries, require very little water. Some cooks pride themselves on a large yield from a small amount of fruit, but they sacrifice quality for quantity. If jelly is not of good consistency after cooking the outside limit of time, can it, according to directions given. Recooked jelly, especially if more sugar is added, is time and material wasted.

Marmalade might be classed as a cross between jam and jelly, as it is fruit rubbed through a colander to extract seeds and skin, but with all solid fruit pulp retained. Marmalade is made on the same principle as jam, and of almost any kind of fruit or combination of fruits. If small portions of different fruits are at hand, one or two glasses of marmalade may be easily made and add another novelty to a small household's winter store.

STRAWBERRY AND RHUBARB JELLY

Method. Use equal quantities of red rhubarb cut into small pieces and unhulled strawberries. Cook separately, then place strawberries first in the bag and proceed according to general directions.

STRAWBERRY AND GOOSEBERRY JELLY

Method. Select the early, unripe gooseberries; use equal portions of fruit, cook separately, place strawberries first in the bag, then proceed according to general directions.

STRAWBERRY AND CURRANT JELLY

As currants are not procurable when strawberries are in market, can some strawberries when they are in season in order to obtain their juice. Use just the plain, unsweetened juice and follow the rules given for canning. This can then be combined with currants or other fruit, adding the required amount of juice after other fruit is strained and ready to be measured.

Method. Use one third to one half strawberry juice and the rest currant juice; proceed according to general directions.

CURRANT JELLY

Method. Pick out leaves but do not stem, unless it is a matter of preference. Place in kettle and add just enough water to show through top. Boil slowly and mash with a wooden masher; when fruit is soft enough to yield juice readily, strain, and proceed according to general directions.

CURRANT AND RASPBERRY JELLY

Method. As raspberries do not make firm jelly if used alone, they are generally combined with other tart fruit, such as strawberries. It is well to cook them separately. First put the raspberries in the bag; the weight of the heavier fruit will press out all the precious juice as it settles in the bag. Use about one pint of raspberries to one quart of unstemmed currants. Red or black raspberries, or both, may be used.

WHITE CURRANT JELLY

Method. Select under-ripe white currants, cover with water in kettle, and cook until tender. Strain, and proceed according to general directions.

BLACK CURRANT JELLY

Method. Select under-ripe black currants; add just enough water to show through top of berries. Boil until tender, then strain, and proceed according to general directions.

BLACK AND RED CURRANT JELLY

Method. As black currants have quite a pungent taste, many prefer to combine one third of the black with two thirds of the red currants. Make by general directions.

GOOSEBERRY JELLY

Method. Select small green berries, cover with water in kettle, boil until tender. Strain, and make by general directions.

APPLE JELLY

Method. Core but do not pare the apples, then slice or cut up, and cover

well with water. Boil slowly until tender. If apples are very dry a little lemon juice, or any fruit juice on hand from former canning, can be added after straining. Proceed according to general directions.

CRABAPPLE JELLY

Method. Select the earliest firm apples, either red or yellow; the red apples give a richer color. Place in kettle and see that fruit is entirely covered with water, then boil slowly until tender, strain, and proceed according to general directions.

PLUM JELLY

Method. Use any firm, tart plums or a combination of several kinds. It is well to add to green plums a few very tart red plums to enrich the color. Place plums in kettle, then cover well with water, as they will cook quite a time and water evaporates. When very tender, so they will yield juice readily, place in bag, strain, and then proceed according to general directions.

DAMSON PLUM JELLY

Method. Proceed as directed for other plum jelly, or use part crabapples or tart grapes. Cover with water, boil, then strain and proceed according to general directions.

PEACH AND APPLE JELLY

Method. As peaches will not make firm jelly if used alone, combine with tart apples. Cook peaches with the stones, and the apples cored but not pared. When putting into bag remove as many of the stones as possible in order to permit fruit to compress; then proceed according to general directions.

CHERRY JELLY

(Best if combined with other fruit)

Method. Stem very tart under-ripe cherries, then add just enough water to keep from burning, and boil slowly until tender. Unless there is certainty that the cherries are tart enough to jelly, combine with currants or unripe gooseberries, as cherry jelly

alone is apt to cloy and may not stiffen. Proceed according to general directions.

GRAPE JELLY

Method. Stem and wash red or blue under-ripe grapes, cover with water, and boil until soft. Proceed according to general directions.

WILD GRAPE JELLY

Method. Use any variety of wild grapes or combine with crabapples, cultivated grapes, or green apples. Pour over the grapes, or any combination of fruit that may be selected, enough water to cover, then proceed according to general directions.

GREEN GRAPE JELLY

Method. Take green Niagara grapes or very unripe Californias, then prepare according to directions for other grape jelly and use general directions for the making.

ECONOMICAL APPLE JELLY

Method. Any time during the year, if a good many apples are being pared

for sauce, pie, or other purposes, a glass or two of fine amber jelly can be made by using the parings. Wash them and cover with water. Boil slowly until soft, then drain through bag, or strain through colander, and marmalade results. Measure equal portions of fruit and sugar, add some sliced lemons or lemon juice, then proceed according to general directions.

GOOSEBERRY MARMALADE

Method. Use well flavored gooseberries, the red variety being the most desirable. Place in kettle and add just enough water to keep from burning. Cook until fruit is very soft, then rub through a coarse sieve or a colander, either of which must be just fine enough to retain the seeds but allow much of the fruit pulp to be rubbed through. Measure this pulp and allow an equal portion of sugar; add half of the sugar and cook about ten or fifteen minutes. Stir in remainder of sugar, and after ten

more minutes test on a saucer; if stiff and clear, it is done. Place in glasses and seal.

RED RASPBERRY AND CURRANT MARMALADE

Method. Proceed as directed for gooseberries, but rub fruit through a fine sieve. Otherwise seeds will pass through.

STRAWBERRY AND RHUBARB MARMALADE

Method. Use equal portions of hulled strawberries and rhubarb cut into small pieces. Cook rhubarb at least ten minutes in very little water before adding berries. When rubbed through sieve, measure equal portions of sugar and prepare as directed for gooseberries.

CHERRY AND ORANGE MARMALADE

Method. Stem the cherries, and after cooking in very little water, rub through a colander. Be careful that all the pulp is freed from the stones. Add the clear pulp of one orange to

every two cups of cherry pulp, mix, and bring to the boiling point. Have ready an equal amount of sugar, add half of it, and cook fifteen minutes. Add remainder of sugar and cook until marmalade is clear, becoming stiff when cool.

GRAPEFRUIT MARMALADE

Method. Cut the outer rind from the number of grapefruit to be preserved; cover with water, and add a very little salt, probably one teaspoon to three fruits, and soak in clear water two hours. Boil until tender, drain, scrape off any white fiber, and cut into small strips. Scoop out all the good fruit pulp, rejecting any seeds or white skin, add the prepared skin, and measure. Take an equal amount of sugar and cook fruit ten minutes. Add half of the sugar, cook ten minutes more, then stir in rest of sugar and cook until fruit jellies. Seal as other fruit.

ORANGE AND GRAPEFRUIT MARMALADE

Method. Use two oranges to one grapefruit, and proceed as directed for grapefruit marmalade.

ORANGE MARMALADE

Method. Follow directions for grapefruit marmalade but substitute juicy oranges and in cooking the skin use only enough water to simmer it.

WILD PLUM MARMALADE

Method. Remove stems or any blemishes from wild plums, cover well with water, and let simmer until tender. Rub through colander and measure; to each cup of pulp take one cup of sugar. Stir half of the sugar into plums and boil slowly for half an hour; add rest of sugar, and boil until it stiffens like jelly when cooled on a saucer. Put in scalded glasses and seal when cold.

DAMSON PLUM MARMALADE

Method. Follow directions given for wild plums. As damson plums are

rather dry, use a little more water than is necessary just to cover the fruit.

PEACH MARMALADE

Proportions. Six cups of peach pulp; four cups of sugar; one teaspoon of ground cinnamon.

Method. Skin and stone the peaches, then place in kettle with enough water just to cover. Cook until tender, rub fruit through colander, measure, and place in kettle with half of the sugar. Cook half an hour, add rest of sugar and cinnamon, and boil until thick and clear. For a piquant marmalade a little fruit sirup or half a cup of sweet cider can be added to the water when cooking the peaches, or the cinnamon can be omitted.

LEMON MARMALADE

Proportions. Half a dozen lemons; half a dozen oranges; two pounds of sugar.

Method. Cut the lemons into halves, peel the yellow rind, and discard the white covering. Remove seeds, and

squeeze out juice and pulp. Cut the yellow rind very fine and mix with juice and pulp. Secure the pulp of the oranges, cutting the rind of two of them into strips. Boil this rind quickly in a pint of cold water for twenty-five minutes, and strain. Add the sugar; bring sirup to a boil, and skim. Add the lemon and orange pulp, and cook slowly half an hour, making sure the sirup is somewhat thick before adding the lemon.

PEAR OR APPLE MARMALADE

Proportions. Six cups of fruit pulp; three lemons; four cups of sugar.

Method. Core but do not pare hard pears or tart apples; cover with water and let simmer until tender. Rub through colander and measure. Add the lemon juice, part of the grated yellow rind of the lemons, and half the required sugar. Cook for half an hour, then add rest of sugar and cook until clear and thick. Equal portions of apples and pears are a good combination, or a few red plums can be added.

PINEAPPLE MARMALADE

Proportions. Six cups of fruit pulp; four cups of sugar.

Method. Pare and cut pineapples into small pieces, add one cup of the sugar, and let stand over night in a cool place. Then cook until tender, rub through colander, and add half of the remaining sugar; cook for half an hour, then add rest of sugar and cook until clear and quite stiff. The juice of an orange may be added during the first cooking.

GRAPE MARMALADE

Method. Unripe grapes of any kind can be used. Boil the stemmed grapes in enough water to keep them from burning, rub through colander, then measure. Use equal portions of sugar to fruit, and cook as directed for plum marmalade.

QUINCE MARMALADE

Method. Core and quarter but do not pare quinces, cover with water, and boil until tender. Rub through a

colander and use four cups of sugar to five of fruit pulp. Follow directions given for plum marmalade.

QUINCE AND APPLE MAkMALADE

Method. Use one half as many apples as quinces; any good fall apple will answer. Proceed as directed for quince marmalade.

TOMATO MARMALADE

Proportions. Six cups of unripe tomato pulp; juice of one lemon; four cups of sugar.

Method. Cut green tomatoes into small pieces, let stand in order to draw some juice, then boil slowly. If the tomatoes are too dry, add a very little water. When tender rub through colander and add half of the sugar. Cook half an hour, add rest of sugar and lemon, and cook until clear and of good consistency.

SWEET PICKLED FRUITS AND MISCELLANEOUS RECIPES

General Remarks

To make sweet pickles and retain the desired richness and preserve them for winter use, it is best to reheat the fruit and sirup a second and sometimes a third time. This is mentioned in the recipes, but some cooks disregard details, thinking them superfluous, but if the second cooking is not observed, the fruit may begin to mold after a few weeks; at any rate it will not be as rich nor have so good a flavor. If more acid pickles are preferred, cook the fruit until quite done the first time, and can while hot, according to canning formula No. 1 (p. 18). The other miscellaneous recipes in this division need no special explanation, as explicit directions accompany each.

SWEET PICKLED APPLES

Proportions. Three cups of sugar; one and one half cups of cider vinegar; one stick of cinnamon and a dozen whole cloves; firm, sweet apples as needed.

Method. Tie the spices in a piece of white cloth, mix sugar and vinegar in a preserving kettle, drop in the spice bag, bring to boiling point, then boil ten minutes. Pare, core, and quarter the apples. Put enough of them into the sirup to be well covered with the liquid, and let them simmer until they are clear and tender if pierced with a toothpick. Then take apples up carefully, place in a scalded fruit jar, and pour on enough sirup to cover. When cold, clamp on the top.

PICKLED CRABAPPLES

Proportions. Tart, firm crabapples as needed; three cups of cider vinegar; one cup of water; three cups of sugar; spice bag size of an egg.

Method. Select perfect small red or yellow crabapples, remove any

blemishes, but leave the stems. Boil the sirup with spice bag for ten minutes, then drop in some of the apples and cook for fifteen minutes. Take out carefully and put in big glass jars. When all apples have been cooked, pour on enough sirup to cover, set spice bag away in cup, cover the jars, and let stand for twenty-four hours. Then pour off sirup and boil again. Wait two days and then boil the apples and sugar with spice bag until apples are tender. If there is surplus sirup, boil it down somewhat, then fill jars to overflowing, and when cold put on tops.

PICKLED PEACHES

Method. Proceed as directed for crabapples. Small clingstone peaches are the best, but many prefer a freestone peach, as it is more easily handled at the table. Peaches may be skinned as directed for canned peaches, or, if left whole, rub each peach well with a coarse towel, then pierce a few times with a wooden toothpick.

PICKLED PLUMS

Method. Select firm, red plums, prick several times, then proceed as directed for crabapples. If plums are very tart, use equal portions of sugar and liquid.

PICKLED PEARS

Method. Proceed as directed for crabapples, but add a few pieces of ginger root to the spice bag, as pears are rather flat in taste.

PICKLED GRAPES

Method. Take equal portions of cider vinegar and sugar, add a spice bag, and boil ten minutes. Select any variety of seedless, rather under-ripe grapes, strip them from stems, drop in as many as the sirup will hold, then boil slowly for ten minutes. Pour into jars, and after two or three days reboil until grapes are tender. If sirup is too watery, add more sirup to the first portion and let simmer until reduced to right amount and until sirup looks heavy. Seal when cold.

BRANDIED FRUIT

Method. Pears, peaches, plums, or apples can be brandied. Use the same recipes as for sweet pickled peaches. When cooking the sirup the second time add four tablespoons of brandy and one half cup of sugar to each cup of sirup, then proceed as directed for pickled fruit. Cook the brandied sirup down pretty well to form a heavy sirup. Some recommend laying the prepared fruit in the brandy for several hours before the second cooking, and using no extra sugar.

POTPOURRI OF FRUIT

Method. Use any left-over fruit juice or pickling sirup of one or more kinds, always holding to the formula of equal portions of liquid and sugar. Add a spice bag if it has not been used in the first sirup. Take sliced and pared apples, pears, skinned and halved peaches, and several kinds of plums, cooking only one kind in the sirup at a time. When they are beginning to get soft, place them in a

shallow bowl. After all the fruit has been cooked, pour the sirup over it and let stand one or two days; then cook all together in the sirup, and as soon as fruit is tender, place in jar and cook sirup a little longer. Pour it on the fruit and seal like other sweet pickles.

SWEET WATERMELON PICKLES

Method. Pare off the green part of watermelon rind and scrape out all soft or pink pulp. Cut these strips of white rind into inch pieces and soak in boiling water to which a small piece of alum has been added. Let stand over night, then drain and soak an hour or more in cold water. Have ready a sirup as directed for Sweet Pickled Fruits, add a sliced lemon to every three cups of sirup, and a piece of ginger root or a little preserved ginger. Cover the watermelon rind well with the prepared sirup, and as it takes a long time for it to become tender, cover the kettle in order that it may steam, and prevent too rapid

evaporation. When the rind begins to look clear, uncover and boil until every piece is clear and easily pierced with a silver fork. Put into glass jars, and if there is a surplus of sirup, or if it does not seem rich enough, boil the sirup for a while, and then pour over pickles.

TUTTI-FRUTTI

This is an old-fashioned rich conserve which will only appeal to those who have no objection to intoxicants. To start a jar of this delectable conserve take first one half cup of pure alcohol or the best brandy, place this in a two-quart glass fruit jar and add the first fruits of the season. It is best to begin early in the year. Add in succession some of every kind of fruit as it comes on the market. Always take an equal amount of sugar to every portion of fruit that is used. Pineapples should be cut into small strips or squares; when using oranges scoop out the firm pulp without seeds or skin. Berries of every kind, stoned

cherries, plums, peaches, and pears are most desirable. Bananas are not to be used, as they discolor, and seedy or very small berries are least to be desired. Remember always to add to the fruit the same amount of sugar, and be careful that the fruit jar is kept tightly closed. Every few days reverse the jar or stir contents carefully with a silver fork. As the season advances the juices mingling with the alcohol form a rich sirup, and by the time the mass has ripened, say by Thanksgiving, there is no taste of alcohol and the conserve is ready to use. Served as a relish with cold meat or as an addition to fruit punch or salad, only a very little will be needed to add zest to a meal.

BLUE PLUM CONSERVE

Proportions. One and one half pounds of stoned blue plums; one and one half pounds of sugar; one half pound of seeded raisins; one fourth pound of shelled walnuts; outer skin of one orange; one tablespoon of orange juice; water as needed.

Method. Quarter the plums, pare outer skin from orange, cut into tiny shreds, boil in a little water until tender. Cut walnuts and raisins into shreds, add the orange juice, then put all into kettle with enough water to prevent burning, and cook until it begins to thicken. Add half of the sugar and cook ten minutes, then add rest of sugar and cook until conserve is quite stiff and jellies when tested on a saucer. Seal like jam.

GREEN PLUM CONSERVE

Proportions. One and one half pounds of stoned tart green plums; one and one half pounds of sugar; one cup of bleached seedless raisins; one quarter pound of shelled walnuts; grated rind and juice of one lemon; water as needed.

Method. Add grated lemon rind directly to rest of ingredients; then proceed as directed for Blue Plum Conserve.

GREEN GRAPE CONSERVE

Proportions. Six cups of green California grapes; six cups of sugar; three oranges; six large figs; one half cup of water.

Method. Select very tart green grapes; split each grape and extract the pulp and seeds. Place the pulp in the water and let it simmer long enough to soften, then rub through sieve to keep back the seeds. Place the grape pulp and skins in preserving kettle; trim the yellow rind from the oranges in small shavings; cut oranges in halves and with a spoon scoop out the pulp, rejecting seeds or fiber; cut the figs into small pieces. Add all this to grapes and cook slowly for half an hour. Add half of the sugar and cook another half hour. Then stir in the rest of the sugar and cook until clear and until the juice jellies as soon as placed in a cold saucer. A little preserved ginger may be added.

PINEAPPLE HONEY

Method. When preparing pineapple for the table or for canning, use any of the parts that are unsightly, cut into small slivers and cover with water. Boil until tender, then strain through a fine sieve. Measure, and add an equal amount of sugar; boil fifteen minutes, then pour into scalded glasses or bottles. When cold, seal. This is a fine addition to desserts and cooling drinks, or a soothing remedy for sore throat.

RASPBERRY JUICE

Method. Place the raspberries in a bowl and crush with a wooden masher. Add a very little water, just enough to let the liquid show on top of the berries. Place in kettle and boil until quite soft, then strain through wet cheese-cloth bag and let drip several hours. Measure, and use an equal amount of sugar; boil for ten minutes, then place in scalded jars and seal as for canned fruit.

STRAWBERRY JUICE

Method. Follow directions for raspberry juice. This, as well as raspberry juice, can be canned with a small amount of sugar and used later in the season with some tart fruit juice to make jelly.

CURRANT JUICE

Method. Place the berries, unstemmed, in a preserving kettle and mash well with wooden masher. Cover with just enough water to show through the fruit, and boil slowly until berries are soft. Let them drip in cheesecloth bag over night. Measure, take an equal amount of sugar, or less, boil ten minutes, and bottle in hot fruit jars.

BAR-LE-DUC

Bar-le-duc is a delicious preserve made of currants, the choicest kind being made of seeded currants. Many use the whole fruit as it is very tedious to extract the seeds. Both red and white currants, preferably a variety, can be used, and an authority on fruit tells of Bar-le-duc made of strained raspberries and whole currants.

Method. No water is to be used. Crush a quantity of currants, set over low flame and let simmer to extract juice. Drip this in a clean bag, measure juice, then seed, or strip currants from the stems. Take as much sugar as juice and prepared currants. Cook juice ten minutes, add half of the sugar and cook five minutes. Add the whole currants and cook five minutes. Add remainder of sugar and as soon as dissolved test it, for it is likely to jelly almost immediately. Put in small glasses like jelly.

BAR-LE-DUC WITH RASPBERRIES

Method. Mash and strain raspberries for the juice, then use the currants and sugar as directed in foregoing recipe.

SEEDING CURRANTS

Method. Use either a toothpick or a tiny bent new hairpin to extract the seeds. This is a slow process and scarcely worth the trouble except to secure a few glasses for state occasions.

CANDIED ORANGE PEEL

Method. Scrub four oranges, remove the peel in quarters, and cover with cold water. Boil until soft, drain, and cut into strips one quarter of an inch long. Make a sirup of one half cup of water to one cup of sugar, cook peel in this sirup until clear, then take up each piece with a fork and coat with fine granulated sugar by rolling it in a saucer of sugar. Lay on paper to dry. This peel may be packed in tin boxes in waxed paper and is a delicious confection.

CANDIED GRAPEFRUIT OR LEMON PEEL

Method. Proceed according to directions for orange peel, but remove a little more of the white inner skin, as it is more bitter.

CANDIED PINEAPPLE

Method. Pare and core thick slices of pineapple; leave in rings or cut into sections. Drop into sirup prepared as for oranges. When clear, roll thoroughly in sugar, and dry. A little lemon juice may be used in the sirup.

BEVERAGES

General Remarks

As long as it was customary to make grapes into either jelly or wine, raspberry shrub was one of the favorite unfermented homemade beverages, and its delicate flavor will always make it an acceptable drink. Of late, however, grape juice has been rapidly growing in popularity. Properly made, it is not only one of the most delicious drinks, but has no little value as a food and as a corrective of digestion. In many cases it may be prepared at home very economically. Grapes thrive almost everywhere in this country, yield abundantly, and are not an expensive fruit.

RASPBERRY SHRUB (VINEGAR)

Method. Place ripe red raspberries in a crock and cover with cider vinegar. Let stand twenty-four hours, then boil gently for ten minutes and strain through cheesecloth bag. When well

dripped, measure the juice and boil ten minutes. Add an equal amount of sugar, boil twenty minutes, and let cool; then place in sterilized bottles and seal when cold. A combination of currants and raspberries can be used, making a rich fruit vinegar.

This makes a delicious cooling drink diluted with ice water.

GRAPE JUICE (No. 1)

Proportions. Five pounds of blue or red grapes; one pound of sugar; one quart of water.

Method. Mash the grapes in preserving kettle and add the water, then boil until grapes are tender. Strain through jelly bag as directed for jelly, place the juice back in clean kettle, and when hot add sugar and boil ten minutes. Then seal in fruit jars as directed for canning fruit. This is the safest way to keep juice sweet, although some cooks bottle the juice in sterilized bottles and cork, then seal with paraffin, everything used being kept sterile and hot.

GRAPE JUICE (No. 2)

Method. Use the same proportions of fruit and water, mash the fruit thoroughly, and drain without boiling. Add sugar, if desired, place in sterilized fruit jars, and proceed as directed in Method No. 2 for canning (p. 19). Cook juice at least twenty minutes.

GRAPE JUICE

The following paragraphs on the home manufacture and value of grape juice, and the directions for some of the palatable and wholesome desserts which may be made from it, are based on information furnished by the Government.

Government Method. Use only clean, sound, well-ripened but not overripe grapes. If an ordinary cider mill is at hand, it may be used for crushing and pressing, or the grapes may be crushed and pressed with the hands. If a light-colored juice is desired, put the crushed grapes in a cleanly washed cloth sack and tie up. Then either hang up securely and twist

it or let two persons take hold, one on each end of the sack, and twist until the greater part of the juice is extracted. Then gradually heat the juice in a double boiler or a large stone jar in a pan of hot water, so that the juice does not come in direct contact with the fire, at a temperature of 180° F. to 200° F.; never above 200° F. It is best to use a thermometer, but if there be none at hand heat the juice until it steams, but do not allow it to boil. Put it in a glass or enameled vessel to settle for twenty-four hours; carefully drain the juice from the sediment, and run it through several thicknesses of clean flannel; or a conic filter made from woolen cloth or felt may be used. This filter is fixed to a hoop of iron, which can be suspended wherever necessary. After this pour into clean bottles. Do not fill entirely, but leave room for the liquid to expand when again heated. Fit a thin board over the bottom of an ordinary wash boiler, set the filled bottles (ordinary glass fruit jars are just as good) in it,

fill it with water around the bottles to within about an inch of the tops, and gradually heat until it is about to simmer. Then take the bottles out and cork or seal immediately. It is a good idea to take the further precaution of sealing the corks over with sealing wax or paraffin to prevent mold germs from entering through the corks. Should it be desired to make a red juice, heat the crushed grapes to not above 200° F., strain through a clean cloth or drip bag (no pressure should be used), set away to cool and settle, and proceed the same as with light colored juice. Many people reheat and seal at once, simply setting the vessels away in a cool place in an upright position where they will be undisturbed. The juice is thus allowed to settle, and when wanted for use the clear juice is simply taken off the sediment.

Unfermented grape juice properly made and bottled will keep indefinitely, if it is not exposed to the atmosphere or mold germs; but when a

bottle is once opened it should, like canned goods, be used as soon as possible, to keep it from spoiling.

A FEW GOOD RECIPES (Government)

Grape Nectar

Take the juice of two lemons and one orange, a pint of grape juice, a small cup of sugar, and a pint of water. Serve ice cold. If served from punch bowl, sliced lemon and orange add to the appearance.

An Invalid Drink

Put in the bottom of a wine glass two tablespoons of grape juice; add to this the beaten white of one egg and a little chopped ice; sprinkle sugar over the top and serve.

Grape Punch

Boil together one pound of sugar and half a pint of water until it spins a thread; take from the fire and when cool add the juice of six lemons and a quart of grape juice. Stand aside over night. Serve with plain water, apollinaris, or soda water.

Grape Sherbet

For eight persons mix one pint of grape juice (unfermented), juice of lemon, and one heaping tablespoon of gelatine, dissolved in boiling water; freeze quickly; add beaten white of one egg just before finish.

Grape Ice Cream

One quart of unfermented grape juice, one quart of cream, one pound of sugar, and the juice of one lemon.

Syllabub

One quart of fresh cream, whites of four eggs, one glass of grape juice, two small cups of powdered sugar; whip half the sugar with the cream, the balance with the eggs; mix well; add grape juice and pour over sweetened strawberries and pineapples, or oranges and bananas. Serve cold.

Bohemian Cream

One pint thick cream, one pint grape juice jelly; stir together; put in cups and set on ice. Serve with lady fingers.

HOMEMADE PICKLES AND CONDIMENTS

General Remarks

No storeroom is properly equipped unless it has a few varieties of spicy pickles, relishes, and condiments, and as they need not be sealed hot, nor require more than ordinary care in their preparation, small lots may be put up whenever you have time or the opportunity to procure good material.

CUCUMBERS PUT UP IN OIL

Proportions. One half peck of small, green cucumbers (five to six inches long); six medium sized onions; two red peppers; one small piece of ginger root; one quart of pickling vinegar; one half pound of granulated sugar; four tablespoons of best olive oil; coarse salt as needed, one third to one half cupful.

Method. Pare and slice the cucumbers and onions, sprinkle the salt over them, toss up with two forks and set

aside over night. In the morning drain in sieve; seed and slice the peppers, and add these and spices to pickles, boil the sugar and vinegar well, and when cold add the oil, stir in the pickles, and place in sterilized (cold) jars putting on glass top.

GERMAN MUSTARD PICKLES

Proportions. (For each quart jar.) Twelve small white onions; one fourth of a small red pepper; two tablespoons of yellow mustard seeds; prepared cucumbers and vinegar to fill jar.

Method. Select the large, ripe, yellow cucumbers, pare, halve, and scrape out all seeds and soft pulp. Place in a stone or porcelain bowl, sprinkle lightly with coarse salt, and let stand over night. In the morning wipe each piece with a clean coarse towel, skin the onions, seed and shred the pepper, and then place all this alternately in the glass jar. Now pour good white pickling vinegar over the mixture, put on glass top, and set aside for at least three weeks to ripen.

(When scraping out the seeds, be very careful to leave no loose rag or fiber, or pickle will become soft and spoil.)

SWEET CUCUMBER PICKLES

Method. Prepare the cucumbers as directed for mustard pickles, but do not salt. As soon as all the pickles are cut, wipe the pieces carefully, lay in a jar or crock, and pour good, cold, uncooked pickling vinegar over them. Let stand twenty-four hours, then pour off the vinegar and measure. To each pint of vinegar add half a pound of sugar, a small spice bag (stick cinnamon and whole cloves tied in a cloth), and boil for ten minutes. Now add the cucumbers, and cook until the pickles begin to get soft. Pour all into the jar and let stand four days. Now put the mixture back into the kettle and cook until pickles are transparent and can be readily pierced with a straw. Place in glass jars, and put on the top after they are cold. The spice bag must

be removed after the first cooking, and set aside in a covered bowl until the second cooking.

SOUR GREEN TOMATO PICKLES

Method. Take one peck of sound green tomatoes, wash and slice them but do not peel, and put into a jar in layers with a slight sprinkling of salt between. After letting them stand over night drain off the liquor. Have two dozen medium-sized onions peeled and sliced and three red and three green peppers chopped fine. Make spiced vinegar by boiling for half an hour a quart of vinegar with whole mixed spices. Place in a porcelain kettle some of the sliced tomatoes, then some of the sliced onions and chopped peppers, shaking in some black pepper (using in all two tablespoons); over this pour some of the spiced vinegar. Repeat this process until the kettle is full, cover with cold pure cider vinegar, and cook until tender but not soft.

GERMAN SWEET PICKLES

Method. Cut green tomatoes into slices, sprinkle with salt, and let stand over night. For ten pounds of tomatoes have five pounds of sugar, the rinds of two lemons cut small, a tablespoon of whole cloves, and an ounce of stick cinnamon. In a pint of cider vinegar boil the sugar and lemon rinds until a thin sirup forms; add cinnamon and cloves, and in this cook as many tomatoes as the sirup will cover. When these are cooked add to the sirup more tomatoes, until the whole quantity is cooked. Put the tomatoes into a stone jar. Boil the sirup until rather thick, pour over the tomatoes in the jar, and let stand for two days. Then pour off the sirup and boil down until it is as thick as honey. Pour this over the tomatoes, cover them closely, and set away in a cold place.

MEXICAN PEPPER SAUCE

Proportions. Three quarts of prepared tomato pulp; one cup of sliced white onions; two red peppers, seeded

and chopped; four tablespoons of salt; one and one-half cups of vinegar; two cups of sugar; four teaspoons of Mexican chili powder; six teaspoons of turmeric, mace, and cinnamon.

Method. Scald and skin firm red tomatoes, cut into small pieces, and lay in drain to let surplus juice drain out. Skin the onions and seed peppers, then run through food chopper; add to tomatoes, add salt and vinegar, and cook until reduced one third. Now add sugar and spices and cook at least another hour. Pour into wide-mouthed bottles and seal when cold.

GREEN CUCUMBER PICCALILLI

Proportions. Six cups of prepared cucumbers; two cups of chopped onions; three red and one green pepper; six tablespoons of salt; two tablespoons of mixed spices; one and one-half cups of vinegar; one and one-half cups of sugar.

Method. Select firm green cucumbers as for salad, pare, and scrape out the seeds, run through food chopper,

salt, and set aside over night. In the morning drain in a sieve and measure, then seed the peppers, skin the onions, run through chopper, and add to cucumbers, mixing well. Now boil the sugar and vinegar together. When cold, pour over the prepared pickles, add spices, stir together, and fill into wide-mouthed bottles. Put into glass jars. Seal the tops of the bottles with melted paraffin, and tie up the top with heavy paper. Keep in cool place.

GREEN TOMATO PICCALILLI

Method. Take one peck of green tomatoes and eight large onions chopped fine, with one cup of salt well stirred in. Let the mixture stand over night, and in the morning drain off all the liquor. Boil in two quarts of water and one of vinegar for twenty minutes, then drain all through a sieve or colander. Put mixture back into the kettle again; turn over it two quarts of vinegar, one pound of sugar, half a pound of white mustard seed, two tablespoons of ground pepper, two

of cinnamon, one of cloves, two of ginger, one of allspice, and half a teaspoon of cayenne pepper. Boil all together for fifteen minutes or until tender but not soft. Seal in jars.

CANNING VEGETABLES

General Remarks

There is no reason why the modern housekeeper should not can vegetables as well as fruit. The plea that vegetables canned at home do not keep will not hold good if you carefully observe the precautions and directions that are essential to successful canning. Here, as in canning fruit, sterilization, absolute cleanliness, and the selection of perfect goods for canning are the first considerations. It is generally conceded that the self-sealing jars are by far the best and the cheapest in the end, as there is absolutely no chance for any foreign substance to lodge anywhere. If the directions for canning are followed carefully, there is practically no limit to the varieties of foods that can be preserved in your own kitchen.

Sterilization

When canning vegetables the jars should be sterilized thoroughly, and the directions given for sterilization of jars for fruit must be carefully observed. But in the sterilization of vegetables even greater care must be taken, as they are more subject than fruits to fermentation. The method of cooking the vegetables in a pot, dipping them to overflowing into the hot jar, and then clamping on the cover which has also been well sterilized and kept in hot water, still has many advocates. This is certainly the quickest method, but some of the flavor is lost, and the appearance of the vegetables is apt to be marred in transferring from the kettle to the jar. It is now conceded that the best and safest method is to cook the fruit in the jars according to Method No. 2 (p. 19), but instead of cooking the vegetables only once, three cookings, on as many successive days, are advisable. The first cooking may kill only the bacteria, but not the spores, the

offsprings of the parent bacteria. Though boiling will kill the mold and perhaps most of the bacteria, those that escape will again develop spores after the vegetables have cooled. Hence it is necessary to cook all vegetables a second time, and in most cases the third cooking is safest, as it will surely destroy any spores that have developed and are lying dormant. To realize the importance of this repeated cooking, you must remember that one bacteria will develop millions of spores in one day, and as spores contain the greatest amount of vitality, thorough boiling is necessary to insure good results.

Selecting Vegetables

The greatest care must be taken in selecting the vegetables. If you have a garden this will be easy, as you can then put up everything when it is at its best; but if you are dependent on markets do not be deluded into thinking anything is good enough, but

rather pay a little more and get first-class vegetables. After all, vegetables of the best quality are less expensive in the end.

Preparing Vegetables

To insure good results, exercise the greatest precaution in preparing and washing the vegetables. Cut them in even and sightly pieces, or, if they are to be canned whole, as peas, lima beans, or small beets, look them over carefully and reject any that are imperfect. Vegetables are best if gathered in the early morning hours. If you get them from the market, it is well to place them in cold water for a few hours to keep them crisp. Do the canning in a clean, well-swept room, wear clean cotton clothes, an apron preferably, and a neat mobcap over your hair. Be very careful not to place the fingers inside of the jar when transferring it, or to handle the jars with soiled towels.

Caution

To insure against any possibility of either vegetables or fruit spoiling, it

is advisable to observe jars, carefully testing tops to make sure they are perfectly tight, for about ten days after canning.

PEAS

Select young and tender peas, shell, pack in jars, pour on cold water to overflowing, and proceed according to directions.

STRING BEANS

Select tender green beans, string them, and cut or break into suitable lengths, pack in jars, fill with cold water to overflowing, then proceed according to directions.

WAX BEANS

Select tender wax or butter beans, remove ends, and cut into neat slanting slices, add salt and cold water as directed for green beans, and proceed according to directions.

LIMA BEANS

Lima beans soon lose their flavor after being shelled, so try to get them

fresh, and shell just before canning. Discard all hard pods, and proceed as directed for other beans.

ASPARAGUS TIPS

Select perfect, even-sized asparagus, —the white variety is best. Use only the tips, about three inches in length, and can as directed for beans or peas. The lower parts of the asparagus may be used fresh as a vegetable.

CAULIFLOWER

Select young white cauliflowers, divide the flowers, cutting off any hard stems, then can as directed for other vegetables.

TOMATOES

Scald and skin firm tomatoes. If the small varieties are used, they may be canned whole, otherwise cut into quarters. Can as directed for other vegetables.

OKRA OR GUMBO

This vegetable is most convenient for soups, stews, and as a vegetable

for winter use. Wash the young pods and cut into suitable lengths, then can as directed for other vegetables.

CARROTS AND PARSNIPS

Both of these vegetables keep so well during the winter, as do white and yellow turnips also, that it hardly pays to can them, but if you have a surplus of young vegetables it may be an economy to can them. All vegetables of this kind must be pared, sliced, or cut into blocks, then canned according to directions.

SQUASH OR PUMPKINS

While these vegetables keep very well if you have a dry, cool cellar, it is often more convenient to can them ready for the winter's pies or tarts. Remove all hard rind and soft fiber, cut into small slices or blocks, and can as directed for other vegetables.

BEETS

Only young tender beets are fit for canning, and they can be put up plain, as are other vegetables, or pickled. As

beets bleed and so lose the red color if pared, they must be cooked until tender, without removing skin or ends; then skin, cut up, and place in cans as other vegetables.

PICKLED BEETS

Proceed as directed for plain beets. When they are placed in the jars, make a pickle of one third water and two thirds vinegar, and add three tablespoons of sugar and one teaspoon of salt to each quart of beets. If desired, a few small white onions may be added.

CORN

Take young, fresh sugar corn, brush the ears well to remove all of the silk, wash, scrape off the kernels with a sharp knife, then can as directed for other vegetables.

SUCCOTASH

A good combination for succotash is an equal portion of lima beans and sweet corn, but as this is rather difficult to keep, longer boiling than for other vegetables is advisable.

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